

FOR IMMEDIATE RELEASE: September 16, 2013
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NOVEMBER 2013 EVENT AND ACTIVITY LISTINGS

GLENDALÉ, Ariz. – The following events are offered from the city of Glendale Parks, Recreation and Library Services Department in November. The programs are free unless otherwise stated.

Sportsball – Indoor Basketball Clinic

12:30 to 1:30 p.m., Fridays for 6 weeks beginning Nov. 1 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Certified Sportball coaches develop competence and confidence teaching the fundamental skills necessary for ages 3-5 to excel in basketball. Skills taught include shooting, ball handling, passing, defense, offense, footwork, teamwork and positional play. Coaches are trained athletes who have a passion for sharing their love of basketball. All equipment is provided. No class held Nov. 29. 1 hour. Clinic price is \$73 (non-Glendale resident \$88). Preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

Childsplay Theater Presents “Apollo to the Moon”

2 p.m., Friday, Nov. 1 at the Foothills Branch Library, 19055 N. 57th Ave.

“Apollo to the Moon” is an exciting look at the breathtaking risks and unforgettable heroism of the American space program. Told through the lens of one young man’s dream to become an astronaut, this thrilling story takes you on the journey that gripped the nation. Multimedia effects will breathe new life into this vital and exciting story, making it a true visual adventure. The program was developed for grades K-6, but audience members of all ages are welcome. No registration required. For more information, call 623-930-3837.

Social Dance

6:30 to 9 p.m., Friday, Nov. 1 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Experience ballroom, jazz and more! Highlights include an instructional session and dance performances. Admission is \$7 at the door (non-Glendale resident \$9). For more information, call 623-930-4613.

Paint Along Party – Acrylic

7 to 8:30 p.m., Friday, Nov. 1 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Your instructor will guide you through the completion of an acrylic painting in this fun, interactive class. Instructor and students will paint the same image together. Join in the fun, even if you have no painting experience, but always wanted to paint. All supplies provided. You will paint your own version of Van Gogh’s “Sunflowers.” \$10 supply fee collected at class. Class price is \$50 (non-Glendale resident \$60). Preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

Pet CPR and First Aid Training

9 to 11 a.m., Saturday, Nov. 2 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Discuss the immediate care and temporary assistance that can be given to an injured or suddenly ill pet until competent veterinary care is available. Properly applied first aid can save your pet’s life, reduce recovery time and be the difference between temporary and lifelong disability. In addition to basic emergency care, CPR and emergency choking, learn about common illnesses and other problems that your pet may be exposed to. Receive a student handbook and certificate of completion. This program is endorsed by the ASPCA. The class is \$42 (non-resident \$50), and preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

– MORE –

NOVEMBER EVENTS

Add 1-1-1

Cake Decorating Basics (Course I)

**10 a.m. to 1 p.m., Saturdays for 4 weeks beginning Nov. 2,
at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.**

Experience the excitement of successfully decorating your first cake, step-by-step in this class. Bake a cake and make color icing. Practice the fundamentals of decorating cakes, cookies and cupcakes. Create icing drop flowers, rosettes, leaves, shaggy mums, ribbon rose and more. "Cake Decorating Basics Course 1" Wilson kit (approximately \$34), available at craft stores, is required. A book will be provided at class. Spanish is available on request. Price is \$69 (non-Glendale resident \$83). Preregistration is required. Call 623-930-4600 to register. Call 623-930-4613 for more information.

Minimalist Running

1 to 2 p.m., Saturdays, Nov. 2 and 9 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Learn an easier, more efficient way to run utilizing posture, a faster cadence and a relaxed mid-foot landing. The difference between conventional running shoes and minimalist footwear and how to safely transition from a different style of running will be explained. Additional aspects of minimalism that can make running simpler, less costly and more enjoyable will also be explored. Class will consist of classroom instruction, simple exercise drills and some running on an indoor track. Class is suitable for all levels ages 16 and older. Price is \$23 (non-Glendale resident \$28). Preregistration is required. Call 623-930-4600 to register. Call 623-930-4613 for more information.

My Kids in Sign Program

1 p.m., Saturdays, Nov. 2 – 30 at the Glendale Main Library, 5959 W. Brown St.

Children and pre-teens have the opportunity to learn some sign language and express themselves through musical interpretation. This workshop begins Nov. 2 and continues on Saturdays through Nov. 30. Performances will be held on Dec. 7 at 1 p.m. and 3 p.m. Additional rehearsals will be held Dec. 2-4. Register online at the Library Events link at www.glendaleaz.com/library or call the library at 623-930-3537.

Read Local: Mystery

2 p.m., Saturday, Nov. 2 at the Velma Teague Branch Library, 7010 N. 58th Ave.

Shop local, eat local . . . why not "Read Local?" Find something new to read and show support for local authors as they discuss and sign their small-press and self-published mystery books. Each author will have approximately five minutes to promote his or her book, with a group signing afterward. The program is free, and books will be available for purchase and signing. For more information call 623-930-3431.

Instant Guitar for Hopelessly Busy People

1:30 to 4 p.m., Sunday, Nov. 3 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course teaches some basic chords and gets you playing along with your favorite songs right away. Topics include how to form the three main types of chords, tuning your guitar, basic strumming patterns, how to buy a good guitar and more. Bring your acoustic guitar. Instructor will collect \$29 for workbook and practice DVD. The price is \$35 (non-Glendale resident \$42). Preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

Wee Readers at Westgate

10:30 to 11 a.m., Mondays, Nov. 4 and 18 at Gallery Glendale at Westgate, 9380 W. Westgate Blvd.

Stories, rhymes, finger plays and songs all for newborns through ages 5 and their caregivers. For more information, call 623-930-3537.

STEM & Your Library: Lego Mania

4 to 5 p.m., Monday, Nov. 4, at the Foothills Branch Library, 19055 N. 57th Ave.

3:30 to 4:30 p.m., Monday, Nov. 13, at the Velma Teague Branch Library, 7010 N 58th Ave.

3:30 to 4:30 p.m., Wednesday, Nov. 27 at the Glendale Main Library, 5959 W. Brown St.

As part of our STEM @ the Library Series, children ages 5-12 can build Lego masterpieces at the library while learning about STEM-related themes like symmetry, motion and friction. STEM is an educational initiative featuring science, technology, engineering and mathematics. This program is supported with funds granted by the Arizona State Library, Archives, and Public Records Agency, a division of the Arizona Secretary of State, under the Library Services and Technology Act. For more information or to register, stop by the youth desk; go online to www.glendaleaz.com/library; or call the Foothills Branch Library at 623-930-3837, the Velma Teague Branch Library at 623-930-3437 or the Glendale Main Library at 623-930-3537.

NOVEMBER EVENTS

Add 2-2-2-2

Understanding Estate Planning – The Basics

6:30 to 8:30 p.m., Monday, Nov. 4 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Establish or refine your financial and estate planning goals. Learn to avoid probate; the ins and outs of wills, trusts, living wills and powers of attorney. Learn to protect your assets and leave your legacy through strategic estate planning. Also learn about trusts, strategies for reducing income tax, capital gains tax and estate tax and how to leave a lasting legacy with estate planning strategies. Discover the power of “power of attorney” and the importance of beneficiaries. A bonus topic covered will be an economic and stock market update. Class is instructed by Steve Harnden, CPA, CFP, PFS and available for ages 18 and older. Price is \$20 per person/couple (non-Glendale resident \$24). Preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

Introduction to Reflexology

10 a.m. to 12 p.m., Tuesday, Nov. 5 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Reflexology is an ancient natural healing art involving the physical act of applying pressure to the feet, hands or ears with specific thumb, finger and hand techniques. Learn to give yourself a basic reflexology foot massage that will help to relieve stress and tension, improve blood circulation, promote the unblocking of nerve impulses and help you to achieve a state of homeostasis naturally. Bring a yoga mat to class. Chairs will be available if preferred. Price is \$23 (non-Glendale resident \$28). Preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

STEM at the Library: Catapult Wars

6:30 to 8 p.m., Wednesday, Nov. 6 at the Foothills Branch Library, 19055 N. 57th Ave.

What can you make with recycled materials, some plastic spoons and rubber bands? A catapult. Teens, 12-18, will construct catapults and other shooting contraptions, learn some basic principles of the physics behind them and test their newly built contraptions by shooting marshmallows at a target. For more information, call 623-930-3837.

Claymation Camp

4:30 to 6 p.m., Wednesdays for 6 weeks beginning Nov. 6

at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Ages 8-19 will learn to make an original claymation movie using stop animation techniques in this genuine multimedia camp. This camp will focus on a number of art disciplines including hand building clay, drawing, scenery construction, storyboard planning, script writing and more. Students will be guided through the process of creating a digital short that will be made into a movie. A supply fee of \$25 will be collected at the first class. No class will be held on Dec. 11. Camp price is \$125 (non-Glendale resident \$150). Preregistration is required. For more information, call 623-930-4613. To register, call 623-930-4600.

Foothills Coffeehouse: Live Acoustic Music

6:30 p.m., Wednesday, Nov. 6 at the Foothills Branch Library, 19055 N. 57th Ave.

Join us the first Wednesday evening of every month for acoustic music performed by local musicians. For more information, call 623-930-3844.

Stranded! What to Eat?

6 p.m., Thursday, Nov. 7 at the Glendale Main Library, 5959 W. Brown St.

In order to survive, our bodies need specific chemicals, which give us energy to live. Hands-on experiments will educate attendees about human biochemistry and what essential macromolecules your body requires to function. This program is for teens ages 12-18 only and is presented by the Arizona Science Center. This program is supported with funds granted by the Arizona State Library, Archives, and Public Records Agency, a division of the Arizona Secretary of State, under the Library Services and Technology Act. Register online at the Library Events link at www.glendaleaz.com/library or call 623-930-3537.

Purposeful Play

6 p.m., Thursday, Nov. 7 at the Glendale Main Library, 5959 W. Brown St.

6 p.m., Thursday, Nov. 21 at the Velma Teague Library, 7010 N. 58th Ave.

Parents interested in socialization, creative play and stimulating brain development in their children ages 1-5 can participate in this playgroup led by Benevilla Family Resource Center and First Things First. Ms. Gabby, a family educator for Benevilla will show you why and how to play with your child to maximize brain and skill development. For more information, call the Glendale Main Library at 623-930-3537 or the Velma Teague Branch Library at 623-930-3437. To register, stop by the youth desk, go online to www.glendaleaz.com/library or call the library.

NOVEMBER EVENTS

Add 3-3-3-3

STEM @ Your Library: Light Bulbs, Batteries and Motors

6 p.m., Thursday, Nov. 7 at the Velma Teague Branch Library, 7010 N. 58th Ave.

4 p.m., Wednesday, Nov. 13 at the Glendale Main Library, 5959 W. Brown St.

4 p.m., Monday, Nov. 18 at the Foothills Branch Library, 19055 N. 57th Ave.

Tweens, ages 7-12, are invited to explore the world of science, technology, engineering and mathematics (STEM) through this hands-on workshop that will teach about the principles of electricity. Participants will explore electricity with static electricity-powered lights and make their own simple motor. Registration is required; to register, stop by the youth reference desk or go to www.glendaleaz.com/library and click the Library Events link. You can also register by calling the Velma Teague Library at 623-930-3437, the Glendale Main Library at 623-930-3537 or the Foothills Branch Library at 623-930-3837. This program is supported with funds granted by the Arizona State Library, Archives, and Public Records Agency, a division of the Arizona Secretary of State, under the Library Services and Technology Act.

Live at the Library: The Back Porch Bandits

6:30 p.m., Thursday, Nov. 7 at the Glendale Main Library, 5959 W. Brown St.

The Back Porch Bandits provide energetic, expert string-band music that is a mix of bluegrass, Old-Time, cowboy/country, folk and originals. Call 623-930-3573 for more information.

Salsa Dancing Class

8 to 8:50 p.m., Thursdays for 6 weeks beginning Nov. 7,

at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Find the rhythm to different Latin songs and the Cuban motion. You'll be asked to rotate dance partners to get a better grasp on leading and following. Class is for ages 15 and older. No class held on Nov. 28. Price is \$48 (non-Glendale resident \$58).

Preregistration is required. Call 623-930-4600 to register. Call 623-930-4613 for more information.

Authors @ the Teague Presents Shanna Hogan

2 p.m., Saturday, Nov. 9 at the Velma Teague Branch Library, 7010 N. 58th Ave.

Award-winning Arizona journalist Shanna Hogan will discuss and sign her true crime book, "Picture Perfect: The Jodi Arias Story: A Beautiful Photographer, Her Mormon Lover, and a Brutal Murder," during this Authors @ the Teague event. The program is free and books will be available for purchase and signing. For more information, call 623-930-3431.

Basic Computer Skills Workshop

10 a.m., Tuesdays, Nov. 12 and 19 at the Foothills Branch Library, 19055 N. 57th Ave.

Adults can receive assistance in creating documents, effectively searching the Internet, creating an account and using email, using social media and more at these open computer lab workshops. Educator Phyllis Gendreau will work one-on-one with participants to address their individual computer training needs. An elementary knowledge of computers is required. Due to equipment limitations, assistance with Windows 8 will not be provided at this time. For more information, call 623-930-3844.

Yoga Nidra

10 to 11 a.m., Tuesdays for 6 weeks beginning Nov. 12, at the

Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Yoga means union and Nidra means sleep. Yoga Nidra is a sleep-based meditation technique that brings one from a state of awake to one of deep relaxation. Learn to disengage from stress-producing thoughts and allow your body to naturally and deeply restore itself. Yoga Nidra can restore energy and health and address stress-related issues. You may bring a yoga mat, blanket, pillow, eye pillow and towel (all optional). Chairs are available if preferred. Price is \$47 (non-Glendale resident \$56). Preregistration is required. Call 623-930-4600 to register. Call 623-930-4613 for more information.

STEM @ The Library: Tiny Builders

1:30 p.m., Friday, Nov. 15 at the Foothills Branch Library, 19055 N. 57th Ave.

10:30 a.m., Tuesday, Nov. 26 at the Glendale Main Library, 5959 W. Brown st.

Little hands can make big things, and join us for this activity-based story and building program. Tiny Builders is aimed at ages 3-5, but younger builders can join in with a parent's help. STEM is an educational initiative featuring science, technology, engineering and mathematics. This program is supported with funds granted by the Arizona State Library, Archives, and Public Records Agency, a division of the Arizona Secretary of State, under the Library Services and Technology Act. For more information, call the Foothills Branch Library at 623-930-3837 or the Glendale Main Library at 623-930-3537.

NOVEMBER EVENTS

Add 4-4-4-4

Hunger Games Monopoly

6 p.m., Monday, Nov. 18 at the Glendale Main Library, 5959 W. Brown St.

Are the odds really in your favor? Find out at this team-based, life sized board game based on The Hunger Games! Pre-teens and their fellow tributes will trade, haggle, scheme and plot to be the Ultimate Victors. This program is supported with funds granted by the Arizona State Library, Archives, and Public Records Agency, a division of the Arizona Secretary of State, under the Library Services and Technology Act. For more information, call the youth reference desk at 623-930-3537. To register call, stop by the youth reference desk or go to www.glendaleaz.com/library and click the Library Events link.

Afternoon Delight

1 p.m., Wednesday, Nov. 20 at the Glendale Adult Center, 5970 W. Brown St.

Enjoy entertainment plus a dessert at this free monthly program that features a variety of talent. November's show features line dancing and is sponsored by CareMore. No membership to the center is required to attend. For more information, call 623-930-4321.

eBook Reader Lab

1 to 2:30 p.m., Thursday, Nov. 21 at the Glendale Main Library, 5959 W. Brown St.

Gain valuable information from digital librarian Marlene Jacobson. Bring your own eReader for specific advice. An assortment of the most popular readers will also be available for you to explore. No registration is necessary. For more info, call 623-930-3531.

TELLABRATION!™ Presented by the Westside Storytellers

6:30 p.m., Thursday, Nov. 21 at the Glendale Main Library, 5959 W. Brown St.

In recognition of TELLABRATION!™ month, "The Westside Storytellers" will present an evening of Arizona stories. During TELLABRATION!™ month, guilds and storytelling enthusiasts all around the globe will share their storytelling talents in concerts held in cities and towns to celebrate the art of storytelling. Locally, TELLABRATION!™ brings together each area's most celebrated storytellers to delight, captivate and mesmerize audiences with their tales. For more information, call 623-930-3573.

Fandomonium – The Hunger Games

4 to 5:30 p.m., Tuesday, Nov. 26 at the Foothills Branch Library, 19055 N. 57th Ave.

Teens, 12-18, can meet other teens with like interests. Each month, a different Fandom will be represented with discussion, activities and fun. This month's Fandom: The Hunger Games. No registration necessary. For more information, call Kristin at 623-930-3840.

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